

Mosey On Down

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Intermediate/Advanced
編舞者: Steve Lescarbeau (USA)
音樂: Mosey On Down - Mojo Blues Band



2nd Place winner, Non-country Int/Adv. Northeast Dance Festival, August 11, 2002
Dedicated to the Memory of my Dad, Lawrence A. Lescarbeau, Sr

BALL CROSS, SIDE, SAILOR STEP, FULL TURN, SIDE SHUFFLE TO RIGHT

- &1-2-3&4 Quickly step on ball of right foot while crossing left over right, step right to right, cross left behind right, quickly step right to right, step left to left
- 5-6-7&8 Make a ½ turn to the left as you step on the right, pivot on that right while continuing to turn to the left stepping on left, step right to right, quickly step left to right, step on right

BALL CROSS, SIDE, SAILOR STEP, FULL TURN, SIDE SHUFFLE TO LEFT

- &9-10-11&12 Quickly step on ball of left foot while crossing right over left, step left to left, cross right behind left, quickly step left to left, step right to right
- 13-14-15&16 Make a ½ turn to the right as you step on the left, pivot on that left while continuing to turn to the right, step on right, step left to left, quickly step right to left, step on left

MODIFIED BOOGIE WALK, ROGER RABBITS

- 17& Step right slightly forward on outside ball of right as you roll to the inside ball of right. At the same time you are doing the opposite with the left foot staying in place. On the and count you are rolling back from the inside ball back to the outside ball of your feet

This will look like you are trying to knock your knees together, but because one foot is slightly forward you won't. To make this a little easier you can do a prissy walk forward

- 18& Step left slightly forward on outside ball of left as you roll to the inside ball of left. At the same time you are doing the opposite with the right foot staying in place. On the and count you are rolling back from the inside ball back to the outside ball of your feet
- 19& Step right slightly forward on outside ball of right as you roll to the inside ball of right. At the same time you are doing the opposite with the left foot staying in place. On the and count you are rolling back from the inside ball back to the outside ball of your feet
- 20 Step left slightly forward on outside ball of left as you roll to the inside ball of left. At the same time you are doing the opposite with the right foot staying in place
- &21&22 Quickly slide your left foot back as you raise your right leg and step on the right behind the left. Quickly slide your right foot back as you raise your left leg and step on the left behind the right
- &23&24 Quickly slide your left foot back as you raise your right leg and step on the right behind the left. Quickly slide your right foot back as you raise your left leg and step on the left behind the right. Note: to make this easier you can just skip backwards

MODIFIED BOOGIE WALK, ROGER RABBITS

- 25-32 Repeat steps 17-24

MONTEREY, ½ TURN MONTEREY, APPLE JACKS

- 33-34-35-36 Point right to right, step right back home as you do a ½ turn to right. Point left to left, step left back home
- 37& Swivel ball of left foot to left while on left heel at the same time swivel right heel to left while on the ball of right foot. Return both feet to regular position
- 38& Swivel left heel to right on ball of left foot at the same time swivel ball of right foot to right while on heel of right foot. Return both feet to regular position
- 39& Swivel ball of left foot to left while on left heel at the same time swivel right heel to left while on the ball of right foot. Return both feet to regular position

40& Swivel left heel to right on ball of left foot at the same time swivel ball of right foot to right while on heel of right foot. Return both feet to regular position

CHORUS LINE STRUT

1-8 Step on right, kick left foot to right, step on left, kick right foot to left, step on right, kick left foot to right, step on left, kick right foot to left

REPEAT
